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TITLE: Preventing/Decreasing Running Injuries in an Active Duty
Population Via a Web Based Tele-Consult System

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MidTerm Overall Evaluation Report

PROPOSAL: 1999000218

TITLE: Preventing/decreasing running injuries in an active duty population via a web-based tele-consult system.

1. ACCOMPLISHMENTS:

The web-based database and store-forward system is on-line and being tested. The project research technician has been hired and most of the equipment has arrived.

2. PROBLEMS:

A final research design with valid protocol has not been established at this point. However, we expect to have a submission to WRAMC DCI within 30 days. Also, the poc information contained in the proposal section is incorrect.

3. LIFE-CYCLE:

The model program, consisting of a final research design, use of equipment, use of telemedicine database program and initial database collection will be implemented. We will prospectively follow research participants and a report on our findings will be forthcoming. We will establish the running shoe clinic at off-site locations and begin collecting data at these locations. The data collected will be the source of more research to come. A training manual also will be created to allow technicians to come to our facility to learn everything needed to administer a running shoe clinic at their own facility using the telemedicine program.

4. DELIVERABLES:

Since we have not started testing, we have no data. Correct running shoes and proper training will decrease the number of running injuries. Our research protocol will state exactly how we are prepared to support this hypothesis and the way in which it will be measured. The success of establishing a running shoe clinic on-site at many facilities using the telemedicine program will eliminate the soldier from having to travel to hub-type facilities that conduct shoe clinics, thereby decreasing travel time and time away from work...hence a cost benefit. The goal is that running shoe clinics will be established first, in our region and then nationwide, provided funding is secured.